ANNE HOOPER

KAMA SUTRA

FOR 21ST-CENTURY LOVERS

sensual, erotic pleasures to arouse and inspire

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Editor Kesta Desmond
Designer Claire Legemah

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Art Director Peter Luff
Executive Managing Editor Adèle Hayward
Senior Editor Peter Jones
Senior Art Editor Sara Robin
Imaging and photo-manipulation Nick Harris
DTP designer Traci Salter
Production controller Mandy Innes
US Editor Jane Perlmutter

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6-7 Introduction

8-27 The Art of Arousal

28-103 Kama Sutra

104-167 Ananga Ranga

168-257 The Perfumed Garden

258-357 The Tao

358-360 Index and Acknowledgements

Introduction

"Sensuality is as important for the well-being of the body as food" – Vatsyayana, the author of the *Kama Sutra*

This simple acknowledgment – that physical pleasure is a form of nourishment – is, I believe, one of the reasons why the *Kama Sutra* remains relevant today.

Sex is to be enjoyed, celebrated, and explored – and I get the impression that's exactly what Vatsyayana did. In the *Kama Sutra* he not only describes the sex positions that can bring us the most pleasure, he also discusses in unstinting detail how lovers should kiss, nibble, bite, and seduce each other, how the penis should move inside the vagina, and even how a room should be prepared to make the most of lovemaking.

There are three other classic erotic texts that I find as intriguing and candid as the *Kama Sutra* and I've included sex positions and pearls of wisdom from these too: the *Ananga Ranga* from India, *The Perfumed Garden* from Tunisia, and the *Tao,* from China.

There's no right or wrong way to look at this book but I'd suggest a playful approach. For example, you could agree with your lover that you'll open the book at random and try the first sex position you come across. Or you could try a string of sex positions in sequence. Above all, enjoy playing and experimenting.







the art of arousal

Hot spots

When sensitive areas of your body are stroked, your nerve endings are stimulated and pockets of explosive sensation erupt. As well as exploring the obvious erogenous zones —the breasts, nipples, and genitals—seek out the less obvious ones too. Explore your lover's feet, toes, neck, buttocks, ears, and those sensitive little spots behind the knees and in the crooks of the elbows.

For him and her

Him: stroke your penis as she caresses you. Four hands are better than two!

Her: lick your index finger and brush it lightly over your nipples as he strokes you.

Take your fingers on a tour of his or her body...then use your tongue.



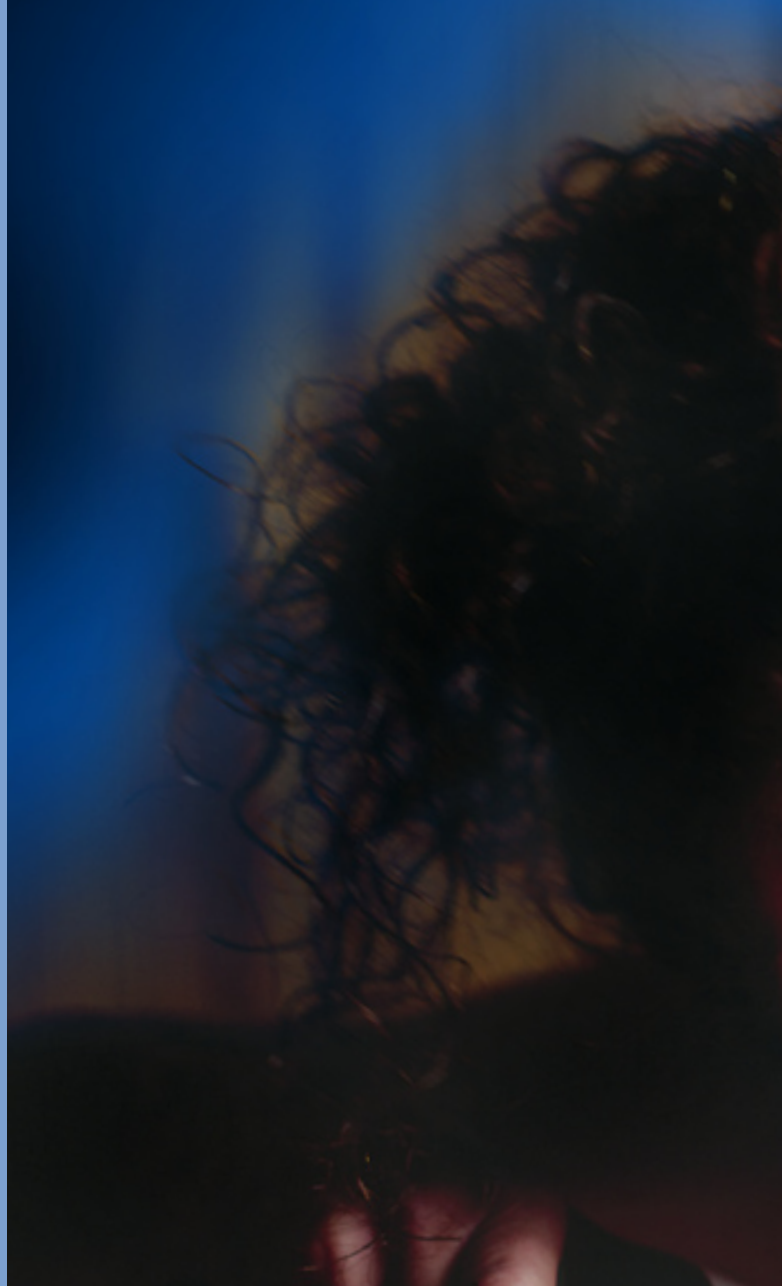
Erotic *massage*

Massage your lover with oils that have strong heady scents and are redolent of the East. Choose from sandalwood, patchouli, jasmine, or coconut.

Pure bliss!



Let the luscious sensations of *pressing*, *stroking*, and *caressing* carry you away to another world.





Kama Sutra *kissing*

Try Vatsyayana's "pressed kiss": hold your lover's lower lip, *caress it with your tongue*, and then kiss it with "great force."



Luscious licking

Tongue bathing works well when performed on a hot, balmy evening or in an unusually warm room—imagine the heat of an Indian night. Let your saliva mingle with your lover's sweat as you alternately lick and blow your lover's skin —this feels exquisite, especially on erogenous zones such as the nipples or the back of the neck. Or lick your way all the way down the spine and back again. Try to produce goosebumps!

For him and her
Him: give her lots of feedback, such as "more," "lower," or simply "mmmmm."
Her: if you'd love a specific part of your body to be licked, tell him!

Make your tongue into a point and caress him with it.



Mouth congress
for him

What we call oral sex, Vatsyayana called "*mouth congress.*" At the time of the *Kama Sutra*, mouth congress was predominantly practiced by eunuchs on their masters. Under the pretence of shampooing (*washing and massaging*) the body, a eunuch would fondle his master and indulge in eight kinds of fellatio, one right after the other.

The sequence went like this:

place
the head of the penis between your lips and move it around.

gently
nibble the shaft of the penis.

press
the end of the penis with your lips and then draw it out.

push
the head into your mouth and then withdraw.

hold
the penis in your hand and kiss it.

touch
the penis all over with your tongue and mouth.

insert
the top half of the penis into your mouth and suck it like a mango fruit.

put
the whole penis into your mouth as if you're going to swallow it.



Mouth congress for her



Use the tip of your tongue to swirl and twirl around the top and sides of her clitoris. *Let her responses guide you.*







Vatsyayana recognized kissing as an *art form*. Whether it's light and casual or deep and penetrating, give every kiss your *wholehearted* attention.

Preparing *for love*

Vatsyayana advises lovers to prepare themselves and their environment for lovemaking.

prepare
the room as carefully as if you were about to make love in it for the first time.

make
the room warm enough to strip naked. Prepare your body too.

light
candles and incense.

take
a shower and rub fragrant lotion into your skin afterward.

or
rediscover your lover's body by sharing a sensual bath or a sexy shower.

Although you might not want to follow the advice in Vatsyayana's quote (see opposite) to the letter, his underlying message—make sure you smell sweet and fragrant—still applies today!

“...apply a limited quantity of ointments, perfume to the body, eat betel leaves that give fragrance to the mouth, bathe daily, anoint yourself with oil every other day, and remove the sweat of the armpits.”



kama sutra



Lotuslike position

She crosses her legs and draws them up to her belly. He leans over to penetrate her. *Her hips and legs must be very flexible.*





Widely opened position

In this position, where the woman arches her back so that her pelvis moves up to join the man, she can make it clear how eager she is for penetration. This is the perfect opportunity to gaze into your lover's face and watch each other's excitement building. Maintain eye contact throughout your lovemaking—let yourself get lost in each other's gaze. Face-to-face positions like this can be among the most emotionally arousing.

For him and her

Him: instead of thrusting hard, do shallow thrusts that penetrate only a little way inside her.

Her: move your hips up to meet his thrusts.





Man-on-top positions allow the base of his penis to *stroke and massage* her clitoris with every single *thrust*.



Yawning posture

What begins as a straightforward man-on-top position can evolve quite easily into the Yawning Posture. The woman lifts her legs so her feet point to the ceiling, then she opens her thighs wide. The man kneels and grasps the woman's hands for support. Many women instinctively offer themselves to a lover by opening their legs wide for penetration—the Yawning Posture is ideal for this kind of surrender.

For him and her
Him: try gripping her thighs or ankles for support as you thrust.
Her: if you want deeper penetration, bend your knees into your chest.

Think only of the sensation of being so intimately joined.

"The signs of enjoyment in a woman are relaxation of her body and a willingness to unite her yoni as closely as possible with his lingam."

—Vatsyayana

Thrust techniques

According to the *Kama Sutra*, a man has a duty to satisfy his lover. Vatsyayana included specific advice on how to use the penis as a kind of vibrator to give a woman immense pleasure. Here are some of the sensual movements that the *Kama Sutra* recommends:

blow of the bull
Rubbing the penis along one side of the vagina.

pressing
Pushing forcefully against the vagina.

sporting of the sparrow
Moving rapidly and lightly in and out of the vagina.

moving forward
Straightforward penetration.

piercing
Penetrating the vagina from above and pushing against the clitoris.

churning
Holding and moving the penis in the vagina.

giving a blow
Removing the penis and striking the vagina with it.



Variant yawning

With her legs resting on her man's shoulders, this is a *powerfully erotic* and intimate position.







Fixing a nail

This is a fun position—enjoy it in a lighthearted way.

In this playful position, the woman's leg and foot echo the shape of a hammer hitting a nail—the man's head! If you can't move freely in this position, just lie still together. He can press his fingers along the length of her calf and thigh. She can give him an "internal" massage by contracting her vaginal muscles around his penis.

For him and her

Him: enjoy the view along your lover's calf and thigh.

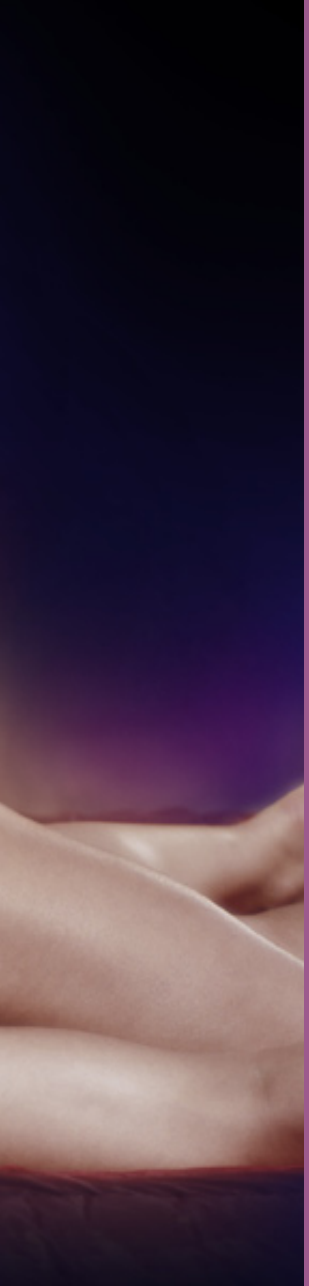
Her: ask him to kiss and nibble your toes.

Pair of *tongs*

She clasps his hips between her thighs then slides *up* and *down* and *forward* and *backward*...







Elephant posture

Vatsyayana suggests seeking inspiration from the mating habits of other members of the animal kingdom. By doing so, imaginative lovers can greatly extend their repertoire and make lovemaking supererotic. In this position, inspired by the mating techniques of elephants, the idea of the man entering the woman from the rear can be thrilling. Rear penetration is also great for stimulating her G-spot. Show your enjoyment by making as much noise as you want to.

For him and her

Him: wiggle your hips from side to side as well as thrusting up and down.

Her: press your thighs together to increase the friction.





During the *first intense* days and weeks of a relationship, lovers have *fun* inventing *crazy sex positions*.

Crab's position

To get into this pleasurable position, the woman lies on her back, bends her knees, and draws her thighs to her stomach—like a crab retracting its claws. He holds onto her knees, which means that she can relax her leg muscles and feel a powerful sense of letting go. You can move from the Crab's Position straight into the missionary position if you want to get closer and enjoy a passionate midsex kiss.

For him and her
Him: hold your lover's knees against your chest for support.
Her: stroke your clitoris as your lover thrusts inside you.





Turning position

This is a position for lovers who want to experiment. To execute the Turning Position start off in a straightforward man-on-top position.

Now turn the page!

Completing the turn

From the missionary position the man now completes a 90-degree turn without withdrawing. He lifts his legs over his lover's leg until his body is at a right angle to hers. The woman can make this easier by supporting his body with her hands.



The woman can help her lover to keep his erection by flexing her vaginal muscles. She parts her legs slightly to make it easier for him to remain inside her. The man continues to turn until he faces away from her with his legs on either side of her body.

For him and her

Him: use lots of lubricant to make the turn easier.

Her: concentrate on the different sensations in your vagina.



“A man should always make a point of pressing those parts of a woman’s body on which she turns her eyes.”

—Vatsyayana

Vatsyayana suggests that for the first three nights of marriage a couple should merely sleep next to one another without touching. Then the man can start to make small moves to foster intimacy.

Getting *intimate*

slowly, delicately,
he can slide his hands on top of her breasts—but go no further. Wait!

if she does
not object and appears to respond well to the touch, he can continue by moving his hands across her nipples. He should go slowly though.

as you talk
and caress, he can start to kiss her.

gradually he can
let his hands drift downward. If she resists, he can suggest making a game out of touch—this puts her in control. For example, she could tell him where he can put his hand, then describe what she wants him to do with his hand when it gets there!



Wife of Indra

This position, named after Indrani, the wife of the Hindu god Indra, is said to be suitable for the "highest congress" *—lovemaking at maximum penetration*.





Wonderful *lovemaking* in various embraces and positions can sometimes *flow smoothly* and effortlessly like the most *sensual, intimate dance.*

Half pressed

This position combines the grace of a ballet movement with the flexibility and strength of a gymnastics display. The woman stretches one leg out past her partner's body and places the sole of her other foot on his chest. This action exposes her clitoris —so either of you can caress it during lovemaking.

For him and her

Him: keep your buttocks relaxed—clenching them can diminish sensation.

Her: ask him to caress your foot as you make love.

For extra sensuality she can run her palms or fingertips over his buttocks and thighs.



Playing hard to get

Vatsyayana had different ideas to us about how a woman should behave during courtship. She should not show any willingness until her lover is ready to make a move. Neither should she *give herself completely* when her man makes his first pass.

Today's behavior gurus wouldn't recommend that women *make a point* of feigning sexual reluctance as a tactical move.A man could easily interpret lack of response as genuine disinterest.

Having said this, playing shy or coy during a fantasy role-play can work in both of your favors by *heightening arousal* before you have sex. As long as you both know which game you're playing!

"Do not anticipate your man's desires," wrote Vatsyayana, "and let him show you love. Experience his loving as if it were something completely new for you. Appear reluctant even when he kisses you. Respond only when he *embraces you* by force."



Pressed position

The woman draws her legs up and places both feet on her partner's chest to achieve this *submissive* yet sexy position.

Mare's position

The Mare's Position describes a technique that a woman can use to enhance sexual sensation and give her lover a stronger erection. She uses her vaginal muscles to squeeze her lover's penis repeatedly, as if milking it. This technique works well if the woman sits astride her lover, either facing toward him or away from him.

For him and her
Him: stay perfectly still and focus on the sensations in your penis.
Her: do the exercise on pages 92–3 to give you rippling vaginal muscles.

For an intense orgasm she can stimulate her clitoris while contracting her vagina.



Splitting of a *bamboo*

The woman rests first one leg on her lover's shoulder and then the other. *She keeps doing this throughout sex* and in doing so "splits the bamboo."





Women: imagine yourself filled with strong, powerful *sexual energy*. Embrace the feeling of being in *control*.



How to ruin your rival's chances



Vatsyayana wasn't averse to a little sorcery, and his original manuscript included spells and potions to give ***women a sexual advantage***. He recommended the following as a useful spell for any wife who has been supplanted in her husband's affections. Although it is not recommended for 21st-century lovers, it makes fascinating reading! The term ***bhaga*** has two meanings: ***luck and vagina***. To ruin a rival's bhaga is to render her barren and, therefore, in the context of Vatsyayana's time, redundant as a wife.

The spell is intended to destroy a rival's "bhaga" (vagina) by making it shrivel up!

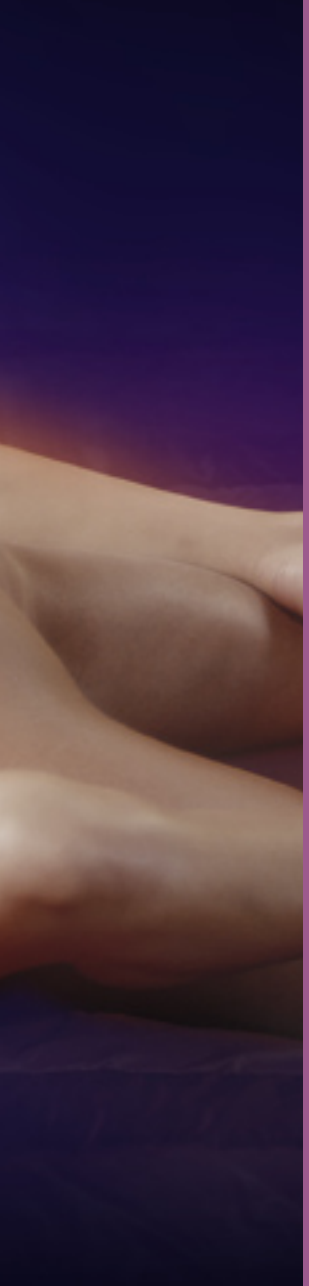
The woman must obtain some of her rival's hair, a discarded toothpick, and a *garland* worn by the victim. These are wrapped in a piece of sacrificial cow's hide and buried under three large stones. Remnants of the garland are ground up, mixed with any remaining *strands of hair*, bound with black thread, and also buried. When they are all dug up, a rival's bhaga will shrink!

Rising position

This enables deep thrusting in a position that is comfortable for both of you—*great for building erotic tension*.







Clasping position

If your lovemaking tends to be fast and furious, the Clasping Position offers you a chance to slow down and to learn the value of slow, languid sex. She simply lies on her back, opens her legs, and lets him into her. With legs and arms intertwined, this position offers full body-to-body contact, encouraging feelings of closeness and intimacy.

For him and her

Him: make your movements slow and sensual.

Her: close your eyes and let your body relax completely.

Side-by-side *clasping*

The act of simply wrapping yourself lovingly around your partner *generates feelings of comfort and tenderness*, and provides a gentle start to sex.









Hold each other tight—*human touch has life-affirming and life-enhancing powers*.

Twining position

Man-on-top positions in the Kama Sutra *often feature the woman on her back with her feet on her lover's chest or shoulders. Although these positions are highly erotic, they mean that you can't get really close to each other. The Twining Position, in contrast, permits maximum skin-to-skin contact. He lies in between her legs and she hooks her leg around the top of his thigh to pull him in more closely.*

Wrap your arms and legs tightly around each other—get as close as possible.

For him and her

Him: for variety you can put your arms around her and roll into a side-by-side position.

Her: look into your lover's eyes as the sexual tension mounts.



Suspended *congress*

This is a position to have fun in. He lifts her onto his penis and she grips him tightly with her legs, as if riding a horse.





Supported *congress*

This is a great position for quickie sex. If she's shorter than him, she can always stand on tiptoes or on a step.



Congress of a cow

In this challenging position the woman bends over and places one or both hands on the ground for support. The man then "mounts" her from behind. This is easiest if you're a similar height to one another. He needs to hold her hard against him so that he can pull her backward and forward. To make this position easier she can lean on a bed, table, or other surface.

He can up the sexual temperature by lightly spanking her buttocks.

For him and her
Him: hold her hips as you move.
Her: rest your hands on your shins if you get tired.



Vatsyayana recommended that a woman should squeeze and massage her man's penis using just her vaginal muscles (see the Mare's Position on pages 68–9). You need toned muscles to do this—the following exercise can give you a super-fit vagina if you practice it regularly.

Internal massage

To locate the right muscles, try to stop the flow of urine next time you urinate. Practice this several times.

slowly draw up

the muscles in your vagina for three seconds. Relax them for three seconds, then repeat. Do this ten times, three times a day.

squeeze your muscles

fast so that your vagina "flutters." Repeat ten times, three times a day.

imagine

that your vagina is an elevator and your muscles must take it up four "floors." Draw the muscles up slowly, stopping briefly at each floor. Hold the muscles at the top for a little while, then release down to the ground floor again. Do this exercise twice a day.





The *ultimate* sexual compliments are the gasps and moans of erotic pleasure. *So don't hold back!*

Pressing position

This is a position that's perfect for satiating urgent and immediate lust. The woman grips her lover with her thighs so that her vagina and pelvic muscles tighten around his penis. He moves quickly inside her. Both of you can really enjoy the feeling of being pressed against each other. In terms of arousal let yourself come alive. Be as wild as you want to—wriggle, writhe, thrust, and gyrate.

For him and her

Him: express your passion through your thrusts.

Her: for deeper penetration, lift your knees close to your chest.





The *top*

She straddles him and then swivels by 180 degrees. *This position is for novelty only.* If she attempts it, she should be careful not to injure him!

The *swing*

This is one of the sexiest of all the woman-on-top positions. The woman straddles her man with her back to him and moves on his penis. The original Kama Sutra *suggests that the man lie with his back arched, but lying down flat or leaning back on his hands is probably more comfortable—and also gives him a great view!*

He can make her shiver and tingle by running his fingers down her spine.

For him and her
Him: enjoy the sheer eroticism of this position.
Her: bob rapidly up and down on the tip of his penis.



The G-spot

The G-spot is a highly sensitive area that is found on the front wall of the vagina. It is named after a gynecologist, Dr. Ernst Grafenburg, who was the first person to locate and write about it.

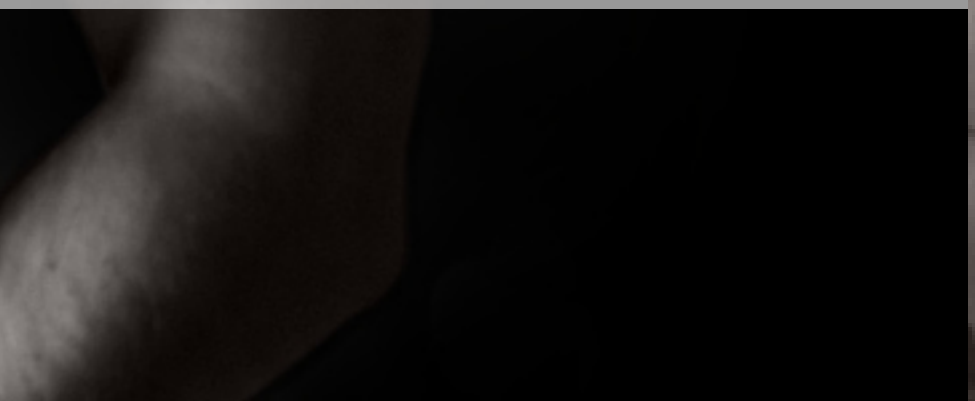
When it is pressed firmly and consistently, the G-spot can *trigger orgasm* and, in a few women, an ejaculation of thin fluid. An analysis of this ejaculate showed that the fluid was very similar to seminal fluid except that it did not contain sperm.

Not every woman appears to possess a *G-spot*, and its existence is hotly contested. It is difficult to locate your own G-spot unless you use a slim vibrator; G-spot vibrators pulsate rather than vibrate on the grounds that pulsation works much better on this area! Women can also *guide a lover's fingers* to the right place by giving him feedback.





ananga ranga





Level-feet posture

Her buttocks rest neatly on his thighs in this compact position. His *smooth thrusts give lots of stimulation* to the front wall of her vagina.



The author of the *Ananga Ranga* classified women according to their build and physical characteristics—right down to the most intimate details.

The *4 types* of women

the padmini

"Her face is pleasing as the full moon; her body, well-clothed with flesh, is soft as the shiras (a tall, fragrant tree) or mustard flower. Her yoni (vulva) resembles the opening lotus bud, and her kama-salila (vaginal lubrication) is perfumed like the lily, which has newly burst."

the shankini

"She is of bilious temperament, her skin being always hot and tawny, or dark yellow-brown. Her body is large, her waist thick, and her breasts small. Her yoni is ever moist with kama-salila, which is distinctly salt, and the cleft is covered with thick hair."

the hastini

"She is short of stature; she has a stout, coarse body, and her skin, if fair, is of dead white. Her hair is tawny, her lips are large; her voice is harsh, choked, and throaty, and her neck is bent. Her kama-salila has the savor of the juice which flows in spring from the elephant's temples."

the chitrini

"She is of middle size, neither short nor tall, with bee-black hair, thin, round, shell-like neck; tender body; waist lean-girthed as the lion's; hard, full breasts; well-turned thighs and heavily made hips. The hair is thin about the yoni. The mons veneris is soft, raised, and round. Her kama-salila is hot, and has the perfume of honey, producing from its abundance, a sound during the venereal rite."



Raised feet posture

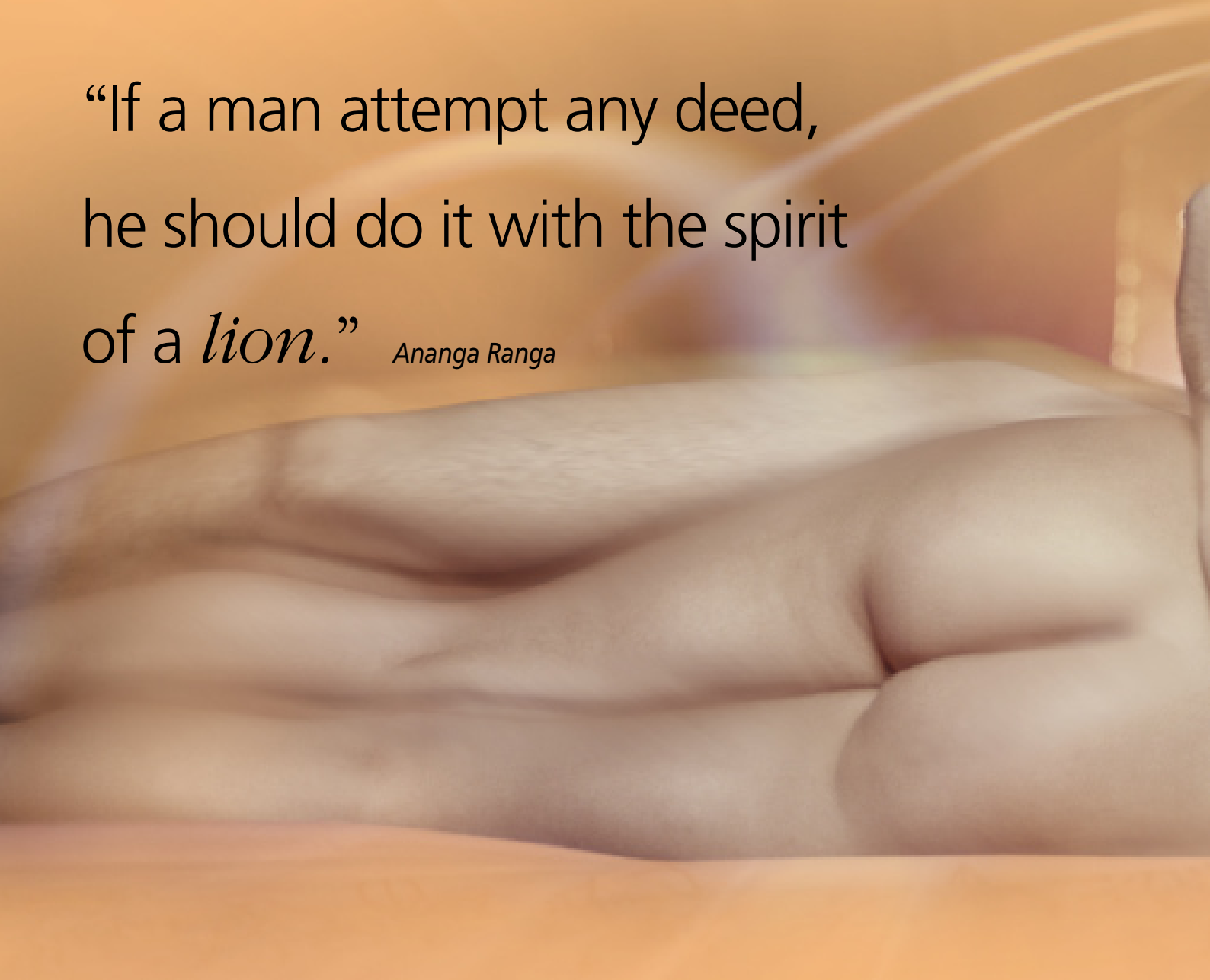
The Ananga Ranga *describes this posture in the following way:"lying on her back, the woman bends her legs at the knees and draws them back as far as her hair." Her lover then enters her from a kneeling position. You can enhance this position by placing some cushions or pillows underneath the woman's bottom to change the angle at which his penis enters her.*

For him and her
Him: kneel in an upright position for a change in sensation.
Her: wrap your legs around his back to pull him in closer.

The refined posture

She lies with her legs bent on either side of his hips. ***He lifts her buttocks with his hands,*** then together you experiment with the angle that feels best.




“If a man attempt any deed,
he should do it with the spirit
of a *lion*.” *Ananga Ranga*



In the *Ananga Ranga* men, like women, are classified into various types according to their temperament: the Shasha, or Hare-man; the Vrishabha, or Bull-man; and the Ashwa, or Horse-man.

The *3 types* of men

the shasha

"He has a linga (penis) which in erection does not exceed six finger-breadths, or about 3 in (7.5 cm). His figure is short and spare, but well-proportioned in shape. He is humble in his demeanor; his appetite for food is small, and he is moderate in his carnal desires. Finally, there is nothing offensive in his kama-salila (semen)."

the vrishabha

"He has a linga of nine fingers in length or 4.5 in (11.4 cm). His body is robust and tough, like that of a tortoise; his chest is fleshy, his belly is hard, and the frogs of the upper arms are turned so as to be brought in front. His disposition is cruel and violent, restless and irascible, and his kama-salila is ever ready."

the ashwa

"He has a linga of 12 fingers or about 6 in (15 cm) long. He is tall and large-framed, but not fleshy. He is reckless in spirit, passionate and covetous, gluttonous, volatile, lazy, and full of sleep. He cares little for the venereal rite, except when the spasm approaches. His kama-salila is copious, salty and goatlike."



Ascending position

As Kalyana Malla says in the Ananga Ranga*, if a woman's "passion has not been gratified by previous copulation," she can sit cross-legged on her man's thighs, "seize" his penis and insert it into her vagina and then move herself up and down. She can alter the angle of his penis into her vagina to give herself the stimulation she needs. She decides on the rhythm and pace of sex too.*

For him and her
Him: surrender—let her be in charge!
Her: move so that the tip of his penis hits your G-spot.

Run your fingers and palms over the curves and contours of each other's body.



Position of *equals*

She straddles him and *wraps her legs* tightly around his torso. Then you push, pull, and rock against each other.



Orgasmic role-reversal

The woman squats on her man's thighs, inserts his penis, closes her legs firmly and adopts a churning motion to "thoroughly satisfy herself." The freedom of movement that this position brings gives the woman control over the speed, angle, and amount by which she moves her pelvis. She can vary the sensations by moving up and down on the tip of his penis several times and then plunging along the length of his shaft for maximum penetration.

For him and her

Him: use your hands to guide her movements or support her.

Her: contract your vaginal muscles around his penis.



Male *sexual problems*

As many as two-thirds of cases of male sexual dysfunction are caused by physical problems, many of which are a result of the aging process. Such problems include *impotence*, which may be caused by damage to the arteries that supply blood to the penis; and loss of erection, thought to be the result of weakening of the valves that keep blood inside the erect penis.

Hormonal changes, which are another aspect of the aging process, may also result in a lower sex drive and less genital sensation. When a lack of ***sensation*** causes problems during lovemaking, sex positions that offer much harder, stronger stimulation can prove very effective. If you are affected, try a variety of ***sex positions*** from this book to see which ones stimulate you most. Using a penis ring or taking a drug such as Viagra can also help.

Inverted embrace

The man lies back with his woman on top of him. She inserts his penis, *presses her nipples to his*, and swivels and churns her hips.



Lotus position

The Lotus Position is described as a favorite in the Ananga Ranga *and, despite its tricky-sounding yoga name, it isn't too difficult to do. It does call for quite a lot of male strength though—he must lift her up and down on his penis. She can help by taking some of her weight on her feet.*

Close your eyes and luxuriate in the smells, tastes, and sounds of each other.

For him and her

Him: if you get tired, lie down and let your lover move.

Her: try leaning back on your hands and rocking your hips backward and forward.



Desire can be the result of a *look*, a *touch*, a *suggestion*.







Transverse lute

If the man pulls himself up
along his woman's body and
enters her at a high angle,
this position is especially
stimulating for both of you.




Kiss and stroke each other—this position is part sex, part cuddle.

Accomplishing position

He sits in a cross-legged position and she sits astride him and guides his penis into her. Then she leans back on one hand for support and balance, and lifts one leg in the air. This creates a novel angle between the penis and vagina and alters the sensations felt by both of you. Although there isn't much freedom to move in this position, it's a warm, friendly embrace to try in between more dynamic positions.

For him and her

Him: when you want to thrust, guide her onto her back and get on top.

Her: enjoy the sensation of his lips against your chest.

Embrace me!

The Ananga Ranga

describes four types of

embrace that couples can

use in the build up to sex.

the first

is a standing position called the "twining of a creeper," in which the woman winds her limbs around her man like a creeper twining around a tree. She looks lovingly at him and bends his head toward hers with the intention of kissing him.

the second

embrace is called "climbing the tree." The woman "climbs" her man by standing on one of his feet, wrapping her leg around his, and holding onto his back and shoulders.

the third

embrace—the "mixture of sesamum seed with rice"—is a lying down position in which lovers encircle each other with their arms and legs so they both feel tightly held.

the fourth

embrace is the "milk and water" embrace in which the woman sits on the man's lap and the two of them embrace without "any thought of pain or hurt… as if they were entering into each other's bodies."



Intact posture

The woman's vagina is very contracted in this intimate and tightly held position. *Sensations can be intense, so start gently!*




This is a great position for unhurried sex and lots of intense kissing.

Crab embrace

In the Crab Embrace, the man lies on his left side, places his right thigh across his woman's right thigh and pulls her toward him. She places her left leg up over his buttocks and snuggles in close. He can slide his hand up and down her back and buttocks in long sensual movements. You can roll into this position from either a man-on-top or a woman-on-top position.

For him and her
Him: move in and out with long, slow thrusts.
Her: deepen penetration by lifting your leg higher up his body.

"*The slower desires of a woman* mean she is not easily satisfied by a *single act* of congress."

Ananga Ranga





Encircling position

The woman lies with her calves crossed in a position that's reminiscent of mild bondage. *Enjoy the feelings of dominance and submission.*



Instead of stopping clitoral stimulation after orgasm, keep going … and see what happens.

Sexual tension
and multiple orgasms

The various sitting positions suggested by the *Ananga Ranga* are useful for maintaining a degree of sexual tension over a long period of time. US therapists Hartman and Fithian suggest that it is this kind of slow, *tantalizing approach* that enables you to achieve a higher degree of sensual arousal. This, in turn, increases the likelihood of experiencing *multiple orgasms.* Men and women need a greater buildup of sexual tension if they are to enjoy multiple orgasms than they would do for a single climax.

Men: if you want to experience multiple orgasm you need to control ejaculation. The trick is to strongly contract the muscles around your anus and perineum when you are close to *climaxing.* With practice you will be able to stop the passage of semen but still feel the contractions of orgasm.



Splitting position

As the woman lies with her legs in the air, her lover enters her from a kneeling position. He then lifts her legs higher to rest them against one of his shoulders and begins to thrust. Meanwhile, she presses her knees and thighs together. Positions such as this, where penetration is deep and the vagina is squeezed, are excellent for the older man who needs a robust sensation during intercourse.

Her knees are close to her chest which enables him to penetrate her deeply..

For him and her
Him: try kneeling upright and holding onto her calves as you thrust.
Her: stroke and caress your nipples.



Gaping posture

Put cushions or pillows under her so that her vagina is level with his penis. ***Penetration should be easy and deep*** in this position.



There are three main stages of sexual response: desire, that feeling of wanting your lover; arousal, when your sexual excitement mounts; and orgasm—which speaks for itself!



Sexual response

Desire begins in the mind. You can increase desire by teasing, *flirting*, and playing with your lover. The more you desire each other, the greater your arousal will be—arousal is the body's response to *desire*. Your breathing and heartbeat quicken, your blood pressure rises, and blood rushes into your genitals. Men get an *erection* and women produce vaginal lubrication. Then as you touch, stroke, lick, suck, kiss, and *caress*, your level of *arousal* gradually becomes more and more intense. Finally, you reach such a peak of *sexual tension* that you are overcome by the blissful ripples of *orgasm*.



Crying out position

He needs to be strong and she needs to be light for this position. *He literally picks her up* and moves her around on his penis.

Snake trap

The name of this position must refer to the fact that since both lovers grasp each other's feet there is no escape. The snake is trapped—inside the woman. She sits in her man's lap with her legs on either side of him, while he sits with legs outstretched and inserts his penis into her. Holding on to each other's feet for support, you both begin to rock your pelvis to and fro. This position is unlikely to give you intense sensation, but it's fun.

For him and her

Him: for variety, guide her legs so that her feet rest over your shoulders.

Her: lift your pelvis and move it in circles on the tip of his penis.



Paired feet position

The woman lowers herself on to the man's penis as he sits with his legs wide apart. Once he has penetrated her fully, he presses her thighs together with his hands. Although you can't move much in this position, it gives you the perfect opportunity to gaze into your lover's eyes or drift off into a favorite erotic fantasy. Face-to-face positions like this can be emotionally arousing even if you are not greatly stimulated physically.

Let sexual tension build, then move into a position in which you can move more freely.

For him and her
Him: savor the feeling of being deep inside her.
Her: arch your back and let your head fall back.



Kama's *wheel*

She rests her hands on his thighs. He supports her back. She pushes herself *up and down* on him or moves her hips in *circles*.



"As long as she is young and strong, a *woman's desires* are as *full*, and *real*, and *urgent* as those of the man." *Ananga Ranga*





Tantric
ecstasy

Tantric philosophy postdates all the scripts from which the original *Kama Sutra* and *Ananga Ranga* were taken, yet both books are imbued with Tantric concepts. Tantra draws on the belief that the more mindful you are during sex the more blissful the experience becomes. Put succinctly, the idea is that you focus all of your attention on the ecstasy of touch—for example, when you kiss your lover, you focus entirely on sensation—on the touch of your lover's lips and on their taste and fragrance. By immersing yourself in pure sensation, all the thoughts, worries, and preoccupations that usually keep your mind busy can just fall away. If you go to Tantric sex classes you will be taught how to treat sex as a meditative act. With practice, sex will start to have a timeless quality where each movement and every caress feels heavenly.

Even if you don't get there immediately, you can have a lot of fun trying!

heaven

bliss



The placid embrace

The woman crosses her ankles

behind her man's back and *pulls*

him deeper into her with her legs.

He takes her weight in his arms.



perfumed garden



First posture

The woman lies on her back, raises her knees, and rests her legs across her man's buttocks or thighs. He supports his weight on his hands and knees. This is one of the most popular sex positions—it offers freedom of movement, lots of intimate body contact, and the chance to kiss and gaze into each other's eyes.

For him and her

Him: stop thrusting and breathe deeply if you're going to ejaculate too soon.

Her: ask him to enter you at a high angle to maximize clitoral stimulation.


Make love by candlight and with sweet incense wafting over you.

Second posture

The eroticism of this position comes from the way the woman *offers herself* up to the man. It might be difficult to sustain for any length of time, but his weight on top of her adds to the stability of the position.



"A man whose member gets *strong* and *hard* is relished and appreciated by women." *The Perfumed Garden*







Third posture

The man kneels between his lover's legs, lifts her left leg over his right shoulder, and tucks her right leg under his left arm. He penetrates her in this position. The Third Posture offers heightened sensitivity and eroticism. The woman can't move much, so this might be a good intermediary position between the First Posture (see pages 170–71) and a woman-on-top position such as Interchange of Coition (see pages 252–3).

For him and her
Him: combine long, deep thrusts with short, shallow ones.
Her: enjoy the "wide open" feeling that this position brings.

In praise of the *female parts*

Sheikh Nefzawi, the author of *The Perfumed Garden,* lavishes praise on the female sexual organs, and goes on to describe at length his fascination with the genitals of young women:

"*Such a vulva* is very *plump and round* in every direction, with long lips, grand slit, the edges well divided and symmetrically founded; it is soft, ***seductive***, perfect throughout. It is most pleasant and no doubt the best of all the different types.

May God grant us the possession of such a vulva! Amen. It is warm, tight, and dry; so much so that one might expect to see fire burst from it. Its form is *graceful*, its odor pleasant; the whiteness of its outside sets off its carmine-red middle. There is no imperfection about it."



Fourth posture

Your bodies fit *neatly together* in this loving embrace. Experiment to find the angle of entry at which his penis hits her G-spot.



Fifth posture

In this simple side-by-side position, you lie with your faces close together. This creates an intimate mood of warmth and tenderness. Both lovers lie with their legs outstretched. The woman rests her uppermost leg on top of her man's leg, bending it a little to allow him into her. He pulls her toward him by grasping her thigh.

For him and her
Him: this is a good starting position for sex.
Her: press your fingertips on your clitoris.

By pulling her and then letting go a little, he rocks her on and off his penis.



"*Clasp her tightly* until she *feels your love*."

The Perfumed Garden







Sixth posture

Also known as doggie-style, this classic rear-entry position evokes the raw, basic *animalistic power of sex*. The Sixth Posture appears frequently in our sexual fantasies.

The *male parts*

Sheikh Nefzawi makes some interesting character analyses of the penis. Opposite are three of his most imaginative descriptions:

The Sleeper

"When it gets into erection, it lengthens out and stiffens itself to such an extent that one might think it would never go soft again. But when it has left the vulva, after having satisfied its passion, it goes to sleep."

The Impudent

"Lifts impudently the clothing of its master by raising its head fiercely and makes him ashamed while itself feels no shame. It acts in the same unabashed way with women, turning up their clothes and laying bare their thighs."

The Smith's Bellows

"The member is so called on account of its alternate swelling and subsiding again. If swollen up, it stands erect and if not, it sinks down flaccid."

Seventh posture

Sheikh Nefzawi specifies that the woman should lie on her side with one leg on her lover's shoulder and the other leg stretched out on the bed. The man then penetrates her by straddling her outstretched leg and grasping her raised leg. Since this position would seem to require the flexibility of a gymnast, I recommend that you do the Seventh Posture as shown here—with the woman on her back rather than on her side.

For him and her
Him: look at her face and watch her passion build.
Her: let him take the weight of your raised leg.


Talk to each other—tell your lover how good it feels.

Eighth posture

She starts by sitting in a crossed-leg position. Then she lies back—legs still crossed—and he straddles her. This demands quite a lot of *suppleness from the woman.*



Ninth posture

This position is great for spontaneous "quickie" sex. There are three variations you can try—two rear-entry and one face-to-face. In the rear-entry versions, the woman kneels on the floor and rests her upper body on a bed (as shown here) or stands and leans forward over the bed. In the face-to-face version, she lies on her back on a bed with her feet on the floor and her legs wide open. All of these positions are easy to get out of should you be interrupted.

For him and her
Him: indulge in your favorite fantasy.
Her: shake your hips from side to side.


This position is perfect for spur-of-the-moment sex.
Let your imagine run wild.

Tenth posture

Push and pull against each other while firmly gripping the headboard. Although movement is limited, this position has a sense of lustful urgency!







Positions that are redolent of *mild bondage* can introduce lovers to the *eroticism* of helplessness.

Eleventh posture

The woman lies on her back to let her lover penetrate her. He leans over her and takes his weight on his hands to begin thrusting. She places her feet on the backs of his calves and lets her knees drop to the sides. If she can, she should press the soles of her feet together. Sex in the Eleventh Posture creates steady, stimulating friction on the woman's clitoris that, if prolonged, can trigger orgasm.

For him and her

Him: try sliding up and down her body so your chest massages her breasts.

Her: let your legs relax in a position of surrender.



Choose the pace and tempo that suits the mood—fast and intense or slow and sensual.



Reciprocal sights of the *posteriors*

He has the eroticism of seeing her *buttocks rise and fall* and, if she leans forward between her legs, she can watch his too.





With legs in the air

You can get into this position from almost any man-on-top sex position. The woman simply raises her legs so that her ankles rest on one of his shoulders. Then she keeps her legs together as he penetrates her. The man can squeeze her buttocks together with his thighs so he feels tightly enclosed by her. This posture doesn't provide much clitoral stimulation for the woman, so try it before or after a more stimulating position.

For him and her
Him: lean in toward her body to enter her more deeply.
Her: stroke your palms over your breasts and belly.

For an even tighter fit she can cross her legs and squeeze her vaginal muscles.

Gripping with toes

She crosses her feet behind his back and uses her leg muscles to raise and lower herself on his penis. *Not an easy position to master!*

Double *Climax*

Although simultaneous orgasm isn't necessary for fantastic lovemaking *The Perfumed Garden* offers its readers tips about how two lovers can climax at the same moment.

The following is written by a woman and intended for the male readers of *The Perfumed Garden*:

"*O you who* question me, those things which develop the taste for coition are the toyings and touches which precede it, and then the close *embrace* at the moment of ejaculation! Believe me, *the kisses, nibblings,* and suction of the lips, the close embrace, the visits of the mouth to the nipples of the bosom, and the sipping of the fresh saliva, these are the things to render affection lasting. In acting thus, the two orgasms take place *simultaneously*, and enjoyment comes to the man and woman at the same moment."

Pounding on the spot

Women who are used to riding horses may recognize this position. The movement of her thigh muscles is the same as that used for rising for the trot! The man sits with his legs outstretched, while the woman sits astride him and guides his penis into her vagina. Then she rises up and down on him. This position allows the woman to be in control. She can add to the sexual intensity by gripping her lover's penis with her vaginal muscles as she rises.

She can gently drag her fingernails from his scalp all the way down his spine.



For him and her
Him: cup her buttocks in your hands as she moves.
Her: if it's difficult to move up and down, tilt your pelvis back and forth instead.


By giving way to
sexual impulses
we learn about our
own *inner nature*.





The one who *stops* at *home*

She lifts her pelvis up to enclose the whole of his penis, then she quickly drops it again. *She keeps moving like this for as long as she can.*

The stopperage

The man kneels between the woman's legs, enters her, and pushes her knees up toward her breasts. This position allows his penis to penetrate her vagina deeply. His glans is pressed against her cervix—as if stopping up a bottle with a cork. Sheik Nefzawi's advice about this position is that it should be tried only by men with a short or a semierect penis (to avoid causing pain to the woman).

Make love in a different room than usual. Arrange rugs and cushions on the floor.

For him and her
Him: enjoy the face-to-face intensity of this position.
Her: draw him into you by pressing your heels on his buttocks.





Fitting on of the sock

He grasps his penis and *arouses* her by gently moving the tip around her labia and the entrance to her vagina.

The *buttocks* are one of the most *powerfully erotic* body parts ... especially when you focus on them *during sex*.



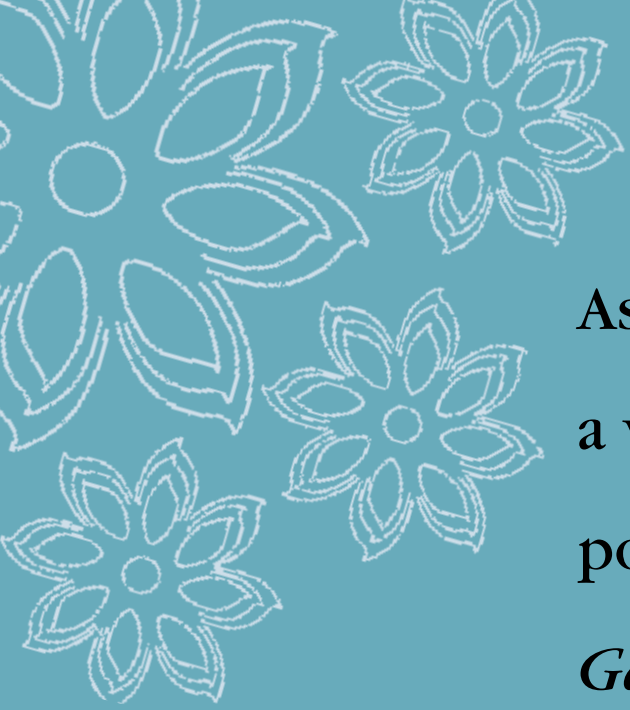


Tail of the *ostrich*

Intercourse can be hard work in this position, but try it and see how it feels. The man kneels by his woman's raised hips and lifts her legs, holding them against his chest as he enters her. One of the advantages of Tail of the Ostrich is the rush of blood to the woman's head that comes from being upside down. This rush can intensify excitement and orgasm. Lying in this position can place undue pressure on her spine and neck. If so, come down and try something different.

For him and her
Him: flex your penis inside her.
Her: stroke your nipples and breasts with your fingertips.

The novelty of this unusual posture may excite you.



As well as recommending a wide range of lovemaking positions, *The Perfumed Garden* also specifies how a man and a woman should move during lovemaking.

from *The Perfumed Garden*

The movements *of love*

The Bucket in the Well

"The man and woman join in close embrace after the introduction. Then he gives a push, and withdraws a little; the woman follows him with a push, and also retires. So they continue their alternative movement, keeping proper time. Placing foot against foot and hand against hand, they keep up the motion of a bucket in a well."

The Mutual Shock

"After the introduction, they each draw back, but without dislodging the member completely. Then they both push tightly together, and thus go on keeping time."

The Approach

"The man moves as usual, and then stops. The woman, with the member in her receptacle, moves like the man, then stops. They continue until the ejaculation comes."

Love's fusion

She simply hooks her thigh over his hip and *he penetrates* her in this cosy and intimate embrace.



Rainbow arch

This is a creative position that combines sex on your sides with rear entry. His penis enters her vagina at an unusual angle which creates novel sensations for both of you. Firmly grasping each other adds stability to the position and enables him to thrust. To get into Rainbow Arch, the man lies at right angles to his lover, puts his legs between hers, then moves his legs around so that she can reach his feet.

For him and her
Him: grip her waist rather than her shoulders if it feels more comfortable.
Her: enjoy the novel angle of entry.

Combine sex with massage. Use your hands to stroke, press, knead, and caress.




"A *kiss* can be more
intoxicating than a
strong wine."
The Perfumed Garden



Coitus from the back

She places a cushion under her pelvis and he enters her from behind. *His penis penetrates her deeply* and stimulates her G-spot.



Further movements of love

Love's Tailor

"The man, with his member being only partially inserted, keeps up a sort of quick friction with the part that is in, and then suddenly plunges his member in up to its root. This is like the action of a tailor who, having inserted his needle draws it through the cloth with a single pull."

The Toothpick in the Vulva

"The man introduces his member between the walls of the vulva and then drives it up and down, and right and left. Only a man with a vigorous member can do this."

The Boxing-Up of Love

"The man introduces his member entirely into the vagina, so closely that his hairs are completely mixed up with the woman's. He must now move forcibly, without withdrawing his tool in the least. This provides the greatest pleasure for the woman."

Belly to *belly*

Each partner stands with their feet firmly on the floor or, if it feels more natural, the woman hooks one leg over her partner's thigh. This enables her to move up and down as they take it in turns to thrust using the Bucket in the Well move (see page 225) recommended by Sheikh Nefzawi. Most of the action comes from her, but the man can help by supporting her in his arms, or lifting her up if he wants to.

You want each other so much you can't wait another second.

For him and her
Him: bend your knees if you are taller than your lover.
Her: tilt your pelvis forward to make penetration easier.





The *seducer*

This position has two versions. In the first (shown here), the woman crosses her feet behind her man's waist. In the second, she puts her legs over his shoulders.


“The vagina *clings* to the member
and sucks out the semen by an
irresistible attraction.”
The Perfumed Garden



Driving the peg *home*

The movement of the man's penis resembles that of a peg being driven into a wall. The woman clasps the man's waist tightly between her thighs, holds on to his shoulders, and keeps her back straight against the wall. If he is strong, and she is light, the man can thrust while lifting his lover at the same time. A variation is to turn around so that she pushes off against the wall with her feet.

In Driving the Peg Home she is quite literally swept off her feet.

For him and her

Him: use shallow thrusts and push your body tightly against hers.

Her: cross your ankles behind his back for extra stability.





Frog fashion

You both hold on to each other in a knees-raised sitting position. *Pull*, *push*, and *rock* against your lover.



Alternative movement of piercing

She sits between her man's knees and you each press the soles of your feet together. Thrusting from the pelvis is difficult for the man in this position—instead he uses his arms to pull and push her on and off his penis. Alternatively, as Sheikh Nefzawi suggests, the woman can sit on the man's feet which he then moves backward and forward. Experiment to find out what works for both of you.

In Tantric sex this position is said to promote the upward movement of sexual energy.

For him and her

Him: if you can't move your lover back and forth, try lifting her up and down.

Her: when you want to change position, lie back on the bed.



The unique woman

Here are some of the names given to women's genitals in *The Perfumed Garden*. You can sometimes discern their supposed qualities from the names alone—the voluptuous, the crusher, the glutton, the beautiful, and the hot one. But Sheik Nefzawi's clear favorite is the delicious one of which he says: "it can produce an unrivaled pleasure … it is a taste of the bliss that await us in paradise, and only surpassed by the sight of God."

voluptuous *the crusher*

beautiful

the glutton

delicious

In describing women's genitalia in great detail, Sheikh Nefzawi displays not only a sense of humor, but also a recognition of something that many of us seem to have lost sight of today. Just as all faces are different, so too are genitalia—and personalities. The Sheikh uses these physical differences as metaphor for the glorious variety within the nature of the female spirit.

The *fitter-in*

Grasp each other's arms and move together. Sheikh Nefzawi says that you can get into a rhythm *"by the assistance of your heels on the ground."*




She slides up and down, wiggles her hips, and grinds her pelvis against him.

Interchange of coition

This position offers lots of clitoral stimulation for the woman. She is free to move in whatever way she likes. Sheikh Nefzawi describes this as the "woman acting the part of a man." The man lies on his back with his legs open wide. If you want to move into a man-on-top position—and then back again—it's easy. Just lie close, hold each other tight, and roll.

For him and her

Him: rest your hands on her buttocks to feel her movements.

Her: put oil on your breasts and belly so you can slide up and down easily.

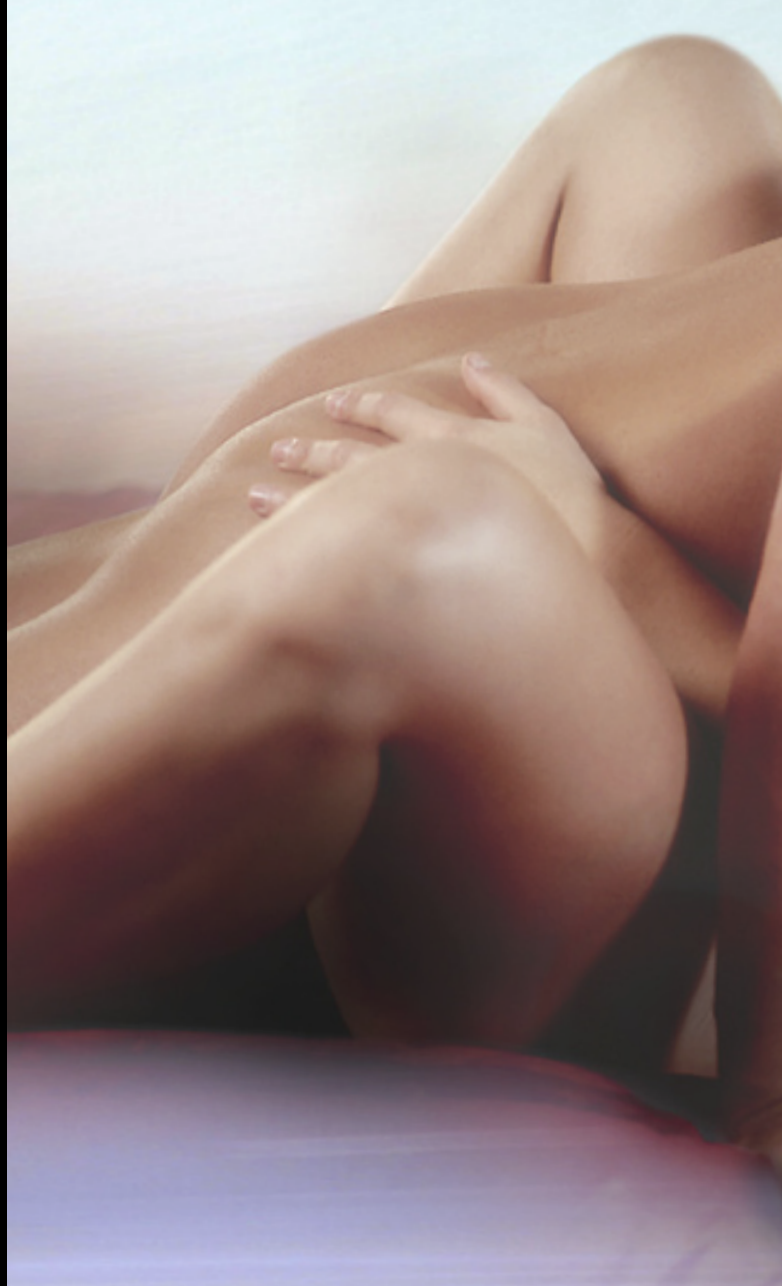
Race of the member

In this unusual position the man draws his knees to his chest while the woman straddles him and *bobs up and down on his penis*.



“If a woman is to be *gratified*, kisses without coition will not suffice.”

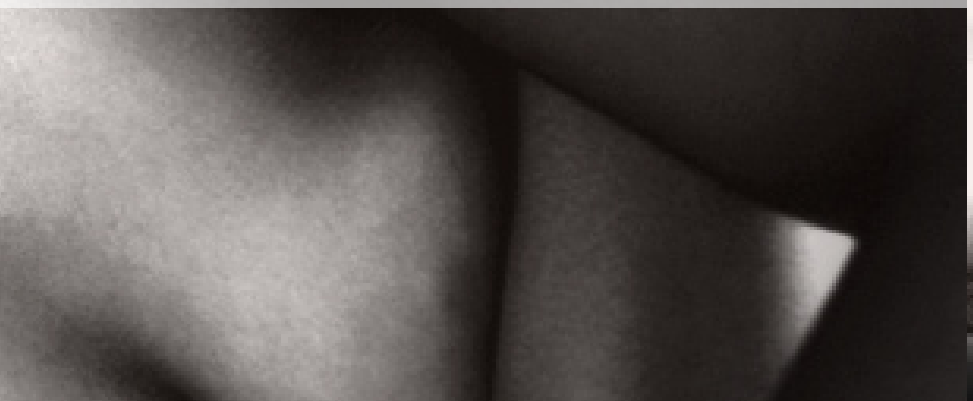
The Perfumed Garden







the tao





Horse cross feet



This is great for *fast, passionate, dynamic* sex—he pumps her raised leg in time with his *thrusts*.





Horse shakes feet

The woman lies on her back and places one foot over her lover's shoulder and draws back her other leg so that her knee is close to her body. The man, kneeling upright, penetrates his woman and thrusts deeply. The woman shakes her foot during penetration, which gives an extra frisson to sex; but she must be careful not to knock her man over—or even out!

For him and her

Him: enjoy the sensuality of thrusting slowly in this position.

Her: move around until his penis hits your G-spot.

This position is perfect when you're in the mood for light-hearted, playful sex.

The deer exercise

The deer exercise is thought to ***strengthen*** the female system, balance the hormones, stave off signs of aging, and energize the glands to bring ***harmony*** and health. It consists of two stages of exercises that are to be performed regularly every day.

Your man can assist with one or all of these exercises if you wish.

stage one

Sit with the heel of your foot pressed up against your vagina to give a firm pressure on your clitoris. Rub your hands together vigorously to make them hot. Rub your breasts in slow circular motions outward, for a minimum of 36 times and a maximum of 360 times, twice a day.

stage two

The following exercise can be done either sitting or lying down. Flex your vaginal muscles as you did in the squeezes on page 93. As you do this, press and rub your labia in a sensual massage.

The goat and the tree

In this *sexy yet casual* rear-entry position, she simply lowers herself on to his lap and moves however she *pleases*.



Jade joint

The process of carving and joining together two pieces of jade to form a jade joint, or jade cross, is considered an art form in China. To imitate this revered pattern, the woman lies on her side and bends her upper leg at the knee, pulling it up to chest level with her hand. The man kneels behind his woman's hips, supports her upper leg, and penetrates her deeply.

For him and her

Him: you are in control of the movement in this position.

Her: feel his penis stroking the lower back side of your vagina.




For maximum
orgasmic
intensity, choose
the *raunchiest*
sex position you
know!





Dragon

This is a *classic* man-on-top position found in every culture and *erotic text*—it gives lots of stimulating friction for both the *penis* and *clitoris*.

Dragon turn

To the Chinese, the shape of this sex position resembles the mythical dragon with its long limbs and flexible body. The woman lies on her back with her legs bent at the knees. Her hands hold each knee wide apart, and she rests her heels on her man's hips as he kneels on either side of her buttocks. He supports himself on his hands and enters her slowly before beginning to thrust.

For him and her

Him: use deep and shallow thrusts, as in the Sets of Nine (see pages 306–307).

Her: use your hands to open your legs as widely as possible.





Dragon turns away

The woman lies with her *legs in the air*. Her lover uses one hand to push her legs back and the other hand to *guide his penis* into her.



“Woman’s orgasm is a series of eight *upward rising steps*, then one declining.”

The Tao



Mandarin duck



She hooks her *legs*
around his waist and
he enters her from
a squatting position. He
keeps his *balance* by
resting on his hands.



The deer
exercise for men

This exercise was believed to *rejuvenate* men by building up sexual tissue, drawing up energy into the *seven glands of the body*, increasing blood circulation to the abdomen, and generally balancing the sexual system.

stage one

Rub the palms of your hands together to generate warmth. With your right hand, cup the testicles and place the palm of the left hand on your pubis. With a slight pressure, move your left hand (on the pubis) in circles, 81 times. Then rub your hands together again vigorously for warmth and reverse the position of the hands, doing the exercise now with the right hand. Concentrate on what you are doing and let the warmth grow.

stage two

Contract and release your rectal muscles regularly, morning and evening.



Cat and mice sharing a hole

This is a straightforward sex position in which the woman lies full length along her partner's body with her knees on either side of his thighs and her hands supporting most of her weight. Women may find this position especially stimulating because they can control the rhythm and depth of movement, and there is lots of friction between her clitoris and his pubic bone.

For him and her
Him: lie back and enjoy!
Her: oiling your body before sex makes it easier to slide up and down on him (don't use oil and condoms at the same time though).

Cicada on a bough

As he *enters her* from behind in this *lying down* position, you both make the shape of a *cicada* perched on a branch.



The practice of Tao sex is said to keep a woman looking young.





The Taoist
pillow books

The ancient Chinese read sex manuals, known as pillow books, to understand not only the mechanics of sex but how best to acquire uninhibited sexual expression as part of living a long and full life. The best known of the Taoist pillow books is the *T'ung Hsuan Tzu,* written by the 7th-century physician Li T'ung Hsuan. Even today, such candid writings and explicit, yet beautiful, illustrations can appear pornographic to Western eyes.

union expression

However, the pillow books excluded any reference to homosexual and lesbian practices, justified by the Taoist principle that true sexual union is the interplay of equal and opposite forces embodied by men and women—a view no longer in keeping with this day and age.

beautiful

There is no *rush* to reach *orgasm*. Imagine that you are giving or receiving a slow, *sensual, internal massage*.



White tiger

She rests on her *knees*
and *elbows* while he
kneels behind her
and *thrusts deeply*
but gently.





Tiger step

This can be a natural follow-up position from White Tiger (see pages 294–5). Tiger Step is a highly erotic position. Some women, depending on how flexible they are, may find it deeply sensual and relaxing to rest their head, arms, and upper body on the bed while being made love to. The penis can penetrate the vagina deeply in this position, so it's important for the man to thrust slowly before building up speed.

For him and her
Him: pull her hips toward your body.
Her: let your upper body sink into the bed.

Language of
The Tao

The writers of the many Taoist pillow books, like their Indian and Arabic counterparts, took much inspiration from nature when describing sexual matters in their typically poetic style:

jade

red bird

names for the male organ

Jade Stem, Coral Stem, Male Stalk, Turtle Head, Red Bird, Heavenly Dragon Pillar

names for the female genitals

Coral Gate, Jade Gate, Cinnabar Gate, Vermilion Gate, Jade Pavilion, Golden Lotus, Open Peony Blossom, Receptive Vase, Pearl on the Jade Step (clitoris), Jewel Terrace (clitoral area)

golden lotus

coral gate

Ape

The woman lies on her *back* and rests her legs on her lover's *shoulders*. He lifts her gently by the *hips* and draws her on to his *penis*.



A singing monkey

The woman sits in her lover's lap and curls herself around him as if she were a monkey clinging to him. Although you are both quite restricted in your movements, you can caress each other's bodies and make eye contact, creating an intimate tenderness between the two of you. The woman can lean back on her outstretched hand to lever her pelvis up and down in a thrusting motion.

For him and her

Him: run your fingertips over her buttocks or breasts.

Her: for variety, lean back on your elbows while he stimulates your clitoris.



Bring your *lips close* and
let your breath mingle.
Enjoy the exquisite
anticipation of a *kiss*.



The sets of *nine*

This is a series of shallow then *deep* penile *thrusts* performed during intercourse. The theory is that they *thoroughly massage* the interior of the vagina, giving it sufficient stimulation to allow every energy center in the vagina to come alive.

nine
shallow thrusts.

eight
shallow thrusts and
one deep thrust.

seven
shallow thrusts and
two deep thrusts.

six
shallow thrusts and
three deep thrusts.

five
shallow thrusts and
four deep thrusts.

four
shallow thrusts and
five deep thrusts.

three
shallow thrusts and
six deep thrusts.

two
shallow thrusts and
seven deep thrusts.

one
shallow thrust and
eight deep thrusts.

nine
deep thrusts.

Fish

In this *close*, *loving* embrace she takes just the tip of his *penis* into her vagina at first. When she is ready, she moves up and down and from right to left in a *steady rhythm*.





Butterfly

This position resembles a butterfly, not so much by its shape as by the woman's movements. She sits astride her lover, inserts his penis into her vagina and leans back on her hands. She then raises herself slowly up and down on his penis. She can also "flutter" her hips in short, rapid movements so his penis is massaged by the outermost part of her vagina.

For him and her
Him: use your hands to assist her movements.
Her: if you get tired, kneel rather than squat.



Birds fly back on back

She *squats* on top, grasps her ankles, and then *raises* and *lowers* herself on him. This is said to resemble two *mating birds* in flight.



Sex can nourish the spirit of both lovers.





Butterflies in flight

The woman lies on top of her lover, and once she has lowered herself onto his penis, you both stretch your arms out to either side and hold hands. Your outstretched arms resemble the wings of butterflies in flight. To move in this position the woman needs to push against her lover's feet. The easiest movement she can achieve is to slide up and down the length of his body.

For him and her

Him: flex your feet and keep them firm so your lover can push against them.

Her: enjoy the clitoral friction that this position offers.



The *five virtues* of the penis

In the West there is a lot of emphasis on penis size. A big penis is typically associated with manliness and virility. In contrast, the Eastern view is that penis size is always secondary to the flow of energy or chi in a man's penis.Taoists believe the penis possesses the following five virtues.

kindness

The erect penis is kind to women because it gives them pleasure over and over again.

righteousness

The penis is capable of giving without thought for itself.

courtesy

The penis pleases whenever it can. It will be hard and soft at the optimum moments, and its shape, being curved, will not hurt anyone.

wisdom

It learns ways of pleasuring women and will do the best it can to satisfy.

honesty

The erect penis keeps going for as long as it takes to pleasure a woman. And if it just can't manage, it gives up entirely. This makes it totally honest.

Turtle move



She raises her *knees* to her chest, and he *teases her* by almost withdrawing his penis *on every stroke*.



Rabbit grooming

This forward-leaning position resembles a rabbit grooming itself. The man lies on his back while the woman sits on top of him, facing toward his feet. Her knees are bent as she squats over his thighs. As she encloses her man, she moves her hips in a circular motion—a little like hula-hooping. She must be careful that her movements don't hurt his penis—start gently.

For him and her
Him: rake your fingertips seductively down the length of her spine.
Her: vary the sensations by resting one knee on the bed.





Late spring donkey

This mimics the *mating behavior* of donkeys in springtime. Resting her hands *on a bed* can be easier than resting them on the *floor*.



The *touch*
of two hands
is the silent
communication
between two
minds.





Cicada to the side

Although the lovers are looking at each other, their bodies are snuggled into the spoons position. The woman lies on her side while the man presses up against her back and penetrates her gently from the rear, keeping his movements shallow. With his hand he can turn her chest and head so you can kiss and whisper to each other. This is a perfect position for slow, affectionate lovemaking, perhaps first thing in the morning when you want a sexy way of waking up.

For him and her
Him: enjoy the warmth and romance of this position.
Her: this is a great sex position during pregnancy.





The autumn dog

This is my idea of *sex as a joke*. He would need a very long and flexible penis.

Have fun trying!



The nine levels of *orgasm* in women

Taoists believe that a woman who can experience a thorough orgasm will achieve physical balance. According to Tao sexology there are nine levels of orgasm. (All nine levels have a corresponding effect on one or more of the body's major organs.)

The first four levels consist of sighing, breathing heavily, grasping and holding, culminating in a series of vaginal spasms—which are wrongly considered to be the end of the matter. If a man continues to stimulate his lover beyond this point, she can go on to further levels.

This is what happens after level four

five
The woman loosens up throughout her body and she begins to bite at the man.

six
She undulates and writhes with pleasure.

seven
She is boiling hot and tries to touch her man everywhere.

eight
Suddenly her muscles totally relax.

nine
She collapses in a "little death," sighing and moaning.

Two fishes

The arrangement of the lovers' legs in this position resembles two fish bending their tails around each other's bodies as they mate. The couple lie side by side facing each other, with their legs stretched out. After penetration the man lifts the woman's legs (which she holds together) and places them on top of his own. The lovers then move against each other.

For him and her

Him: this position may work only if you've got a long penis.

Her: enjoy this position for its intimate embrace.

A good position for shallow sensitive strokes that build arousal slowly.



Pine tree

She raises her *legs in the air* so that they resemble a *straight-growing* pine tree.

He thrusts in a kneeling position.



Mandarin ducks

Although it has a similar name to the sex position on pages 280–281, this one is different. It's a rear-entry pose in which both lovers lie on their sides and the man aligns his pelvis with his lover's so he can penetrate her. It's a warm, intimate position that is great for slow, restful lovemaking. He can thrust at whatever speed he likes, and she can use her fingers to stimulate her clitoris.

For him and her

Him: this is a great position for late-night sex before you go to sleep.

Her: to deepen penetration, draw your knees to your chest.

He can up her arousal levels by kissing her breasts and stroking her nipples.

Phoenix playing in a red cave



She lies on her back and
holds her ankles to expose
"the red cave" in which
her kneeling lover's penis
wants to *"play."*



Sacred sex

Unfortunately, many people think that sex is a dirty thing because of the repressive ethics they have been brought up with. Taoism has a much more *positive* view of human sexuality.

It embraces human *spiritual development* through a physical pathway, and advocates that sexual instincts serve this purpose. Taoist sex techniques provide couples with direct, tangible tools to use on this divine path.

All aspects of love in the physical sense—the sharing and the giving—enable men and women to experience God.

Tao techniques allow couples to tap into their own *bodily electricity* and to *merge* this energy by the thorough mingling of the sexual organs during intercourse. Energy given off by good sex offers not just physical release but also spiritual recognition. Loving sex can therefore be a *religious experience.*

Huge bird above a red sea

In this evocatively named position, which offers deep penetration, the woman lies on her back with her legs lifted over her lover's arms. The man leans forward and raises her buttocks slightly so that they rest against his thighs. He then grasps her around the waist and pulls her toward him as he pushes into her.

For him and her

Him: you can move into this position from the missionary position.

Her: use cushions to make yourself comfortable.



Galloping horse

He holds onto her *neck*

and *foot* as he thrusts—

rather like a *bareback*

rider clinging to a

speeding horse.









Swallows in love

This gentle man-on-top position is inspired by the courtship of birds. The shape that the lovers' bodies make is reminiscent of a swallow with its forked tail. The man lies on top of the woman with his legs between hers and his weight on his elbows. The woman bends her knees slightly to allow him to penetrate her and places her hands around his waist or caresses his body.

For him and her

Him: kiss her neck as you make love.

Her: guide his movements with your hands on his buttocks.



Seagulls on the wing

This is perfect for indulging *urgent passion*: she lies on the bed and slips *her bottom* to the edge of the mattress. He kneels between *her legs.*



Close your eyes. Tune into each other's passion.



Feel it build.



Bamboo

This is a lustful standing position which is great when you want immediate face-to-face sex—particularly in a confined space. Your upright bodies are like two bamboo stalks. The man stands facing his woman and holds her around the waist to penetrate her. She steadies herself by leaning back on her hands, which she places on a bed or table behind her. As you become more aroused, you may want to get into a position that allows greater freedom of movement. For instance, she could turn around and lean on the table as he enters her from behind.

For him and her

Him: use this as a starting position to ramp up the sexual tension.

Her: if you're shorter than your lover, wear heels or stand on a step.



Silkworm spinning a cocoon

The lovers are *tightly* wrapped by the cocoon of her legs and arms. Her body is *lowered* and *raised* in time with his thrusts.



Index

accomplishing position 134–5
aging 124, 148, 264–5, 282, 288
ape position 300
approach movement 225
arousal 10–27, 64, 96, 147, 152–3
 see also stimulation
ascending position 118–19
autumn dog 330–1

bamboo 354–5
belly to belly 236–7
birds fly back on back 312–13
blow of the bull and boar techniques 39
boxing-up of love movement 235
bucket in the well movement 224, 236
butterflies in flight 316–17
butterfly 310–11
buttocks 220–3

cat and mice sharing a hole 284–5
churning technique 39, 122
cicada on a bough 286–7
cicada to the side 328–9
clasping positions 78–83
climbing the tree embrace 136
clitoris 22–3, 35, 200, 253
coitus from the back 232–3
congress of a cow 90–1
crab embrace 140–1
crab's position 50–1
crying out position 154–5

deer exercise 264–5, 282–3
desire 130, 142, 152–3, 162
dragon 272–7
driving the peg home 242–3

elephant 46–7
embrace, types of 136, 184-5, 209, 224–7, 234–5
encircling position 144–5
erogenous zones 11, 18

fantasy role-play 64
fish 308–9
fitter-in 250–1
fitting on of the sock 218–19
fixing a nail 42–3
frog fashion 244–5

G-spot 46, 102–3, 232
galloping horse 346–7
gaping posture 150–1
giving a blow technique 39
goat and the tree 266–7
gripping with toes 206–7

hormone balance 125, 264–5
horse cross feet 260–1
horse shakes feet 262–3
huge bird above a dark sea 344–5

impotence 124
intact posture 138–9
interchange of coition 252–3
inverted embrace 126–7

jade joint 268–9

Kama's wheel 160–1
kissing 16–17, 24–7, 209, 230, 256–7, 304

late spring donkey 324–5
legs in the air 204–5
level feet posture 106–7
licking 11, 18–19
lotus position 128–9
lotuslike position 30–1
love's tailor movement 235

Mandarin duck 280–1
Mandarin ducks 338–9
mare's position 68–9, 92
massage 12–15, 20
 internal 92–3, 293, 306–7
men
 penis *see* penis
 rejuvenation exercise 282–3
 types of 116–17
milk and water embrace 136
missionary position 50, 54, 344
movements of love 224–7, 234–5
moving forward technique 39
mutual shock movement 225

one who stops at home 214–15
oral sex 20–3
orgasm 152–3, 200, 293
 female 103, 275, 284, 332–3
 multiple 147, 153
 role reversal 122–3
 simultaneous 208–9

pair of tongs 44–5
paired-feet position 158–9
penis 188–9
 five virtues of 318
 size 216
 strong and hard 174
 Taoist names for 299
Perfumed Garden, The
 first posture 170–1
 second posture 172–3
 third posture 176–7
 fourth posture 180–1
 fifth posture 182–3
 sixth posture 186–7
 seventh posture 190–1
 eighth posture 192–3
 ninth posture 194–5
 tenth posture 196–7
 eleventh posture 200–1
phoenix playing in a red cave 340–1
piercing technique 39, 246–7
pine tree 336–7
placid embrace 166–7
playing hard to get 64–5
position of equals 120–1
pounding on the spot 210–11
pregnancy, sex during 328
pressed position 66–7
pressing position 96–7
pressing technique 39

quickie sex 88–9, 194–5

rabbit grooming 322–3
race of the member 254–5
rainbow arch 228–9
raised feet posture 110–11
refined posture 112–13
rising position 76–7
rival's chances, ruining 74–5

sacred sex 342–3
seagulls on the wing 350–1
seducer 238–9
sensuality, increasing 90, 101, 176, 200–1, 205, 224
sesamum seed with rice embrace 136
sets of nine exercise 274, 306–7
sexual dysfunction 124–5
sexual impulses 212
sexual satisfaction, women 174, 235, 256–7
sexual tension, maintaining 147
side-by-side position 84, 182–3
silkworm spinning a cocoon 356–7
singing monkey 302–3
snake trap 156–7
splitting of a bamboo 70–1
splitting position 148–9
sporting of the sparrow technique 39
stimulation 125, 133, 272, 284, 316
 see also arousal
stopperage 216–17
supported congress 88–9
suspended congress 86–7
swallows in love 348–9
swing 100–1

tail of the ostrich 222–3
Tantric ecstasy 164–5
Tao pillow books 290–1, 298–9
thrust techniques 38–9
tiger step 296–7
toothpick in the vulva movement 234–5
top position 98–9
transverse lute 132–3
turning position 52–5
turtle move 320–1
twining of a creeper embrace 136
twining position 84–5
two fishes 334–5

vaginal muscles 55, 68, 92, 93, 148, 210
Viagra 125

weaving and twining 72–3
white tiger 294–6
widely opened position 32–3
wife of Indra 58–9
women
 female parts, differences in 248–9
 female parts, in praise of 178–9
 female parts, Taoist names for 299
 sexual satisfaction 174, 235, 256–7
 types of 108–9

yawning posture 36–7, 40–1

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